Chapter 1 – Lesson 1: Bones and Muscles

1. True or False

1. Muscles are hard parts inside the body.
2. Muscles pull the bones to help us move.
3. Muscles can push the bones.
4. During muscle contraction, the muscle becomes shorter.
5. During relaxation, the muscle becomes harder.
6. Muscles work in opposite pairs.
7. When one muscle contracts, the other muscle relaxes.
8. The elbow joint is the part where the arm bends.
9. During arm flexion, the front muscle contracts.
10. During arm extension, the front muscle contracts.
11. During arm extension, the back muscle contracts.
12. When a muscle contracts, it becomes softer.
13. Bones move because muscles pull them.
14. Carrying a heavy object can make muscles harder and more visible.
15. During arm flexion, the back muscle relaxes.

2. Write the Scientific Term

1. The hard parts of the body that form the skeleton.
2. Soft parts inside the body that pull the bones to help us move.
3. The process in which a muscle becomes shorter and harder.
4. The process in which a muscle becomes longer and softer.
5. The place where the arm bends.
6. The movement of bending the arm.
7. The movement of straightening the arm.

3. Choose the Correct Answer

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1. Muscles help the body move by:
   a) pushing bones b) pulling bones
   c) breaking bones d) changing bones

2. During contraction, a muscle becomes:
   a) longer and softer b) shorter and harder
   c) longer and harder d) shorter and softer

3. During relaxation, a muscle becomes:
   a) shorter and harder b) shorter and softer
   c) longer and softer d) longer and harder

4. Muscles work in:
   a) pairs b) groups of three only
   c) bones d) joints only

5. When one muscle contracts, the other muscle:
   a) contracts b) relaxes c) disappears d) breaks

6. During arm flexion, the:
   a) front muscle contracts b) back muscle contracts
   c) two muscles relax d) bones contract

7. During arm extension, the:
   a) front muscle contracts b) back muscle contracts
   c) two muscles contract d) bones relax

8. The elbow is a:
   a) muscle b) bone c) joint d) tendon

9. When carrying a heavy object, the muscles become:
   a) softer b) harder c) shorter only d) invisible

10. Bones move because muscles:
   a) push them b) pull them c) become bones d) relax them

4. Give Reason

1. Why do muscles become more visible when carrying a heavy object?

2. Why can't muscles push bones?

5. What Happens When...?

1. What happens when you bend your arm?

2. What happens to the front muscle during arm flexion?

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3. What happens to the back muscle during arm flexion?
4. What happens to the front muscle during arm extension?
5. What happens to the back muscle during arm extension?
6. What happens to a muscle when it contracts?
7. What happens to a muscle when it relaxes?
8. What happens to the muscles when you carry a heavy object?
9. What happens when one muscle in a pair contracts?
10. What happens to the bones when muscles contract?

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موقع الدكتور محمد رزق
Dr.MoRizK